Please check the examination details below before entering your candidate information

Candidate surname	Other names

Centre Number

Learner Registration Number

Pearson BTEC Level 1/Level 2 Tech Award

Sample assessment materials for first teaching September 2022

Time 1 hour 30 minutes

Paper reference **BSP03**

Sport

COMPONENT 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity

You do not need any other materials.

Total Marks

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and learner registration number.
- Answer **all** questions.
- Answer the questions in the spaces provided
  – *there may be more space than you need.*

Information

- The total mark for this paper is 60.
- The marks for **each** question are shown in brackets
  – *use this as a guide as to how much time to spend on each question.*

Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ▶

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Answer ALL questions. Write your answers in the spaces provided.

Some questions must be answered with a cross in a box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

Lauren is a female gymnast. Gymnasts require good levels of flexibility.

1 (a) Which **one** of the following fitness tests is used to measure flexibility?

(1)

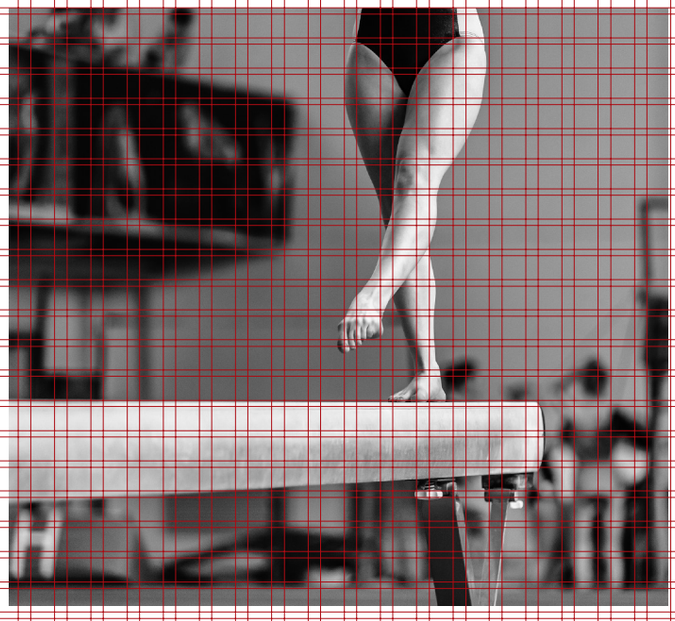
☒ **A** Harvard step test

☒ **B** Sit and reach test

☒ **C** One-rep max

☒ **D** Body Mass Index (BMI)

As a gymnast Lauren takes part in many different gymnastic disciplines.



(Source: © sportpoint/Shutterstock)

Figure 1

(b) Name the component of fitness shown in **Figure 1**.

(1)

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For Lauren to improve her coach has asked her to attend additional training sessions each week.

(c) Which **one** of the following components of the FITT principle is Lauren's coach wanting to increase?

(1)

- ☒ **A** Frequency
- ☒ **B** Intensity
- ☒ **C** Time
- ☒ **D** Type

To increase Lauren's flexibility, Lauren's coach has suggested two new training methods.

(d) Complete **Table 1** by:

(i) Identifying **two** types of training method to increase flexibility

(2)

(ii) Describing each of the training methods stated.

(2)

(i) Method of training	(ii) Description of method of training
(1)	(1)
(1)	(1)

Table 1

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Lauren's coach monitors how hard she is working.

(e) Name **one** way Lauren's coach can measure how hard she is working.

(1)

As a gymnast Lauren will warm up at the start of every training session.

(f) Explain **one** component of a warm-up.

(2)

(Total for Question 1 = 10 marks)

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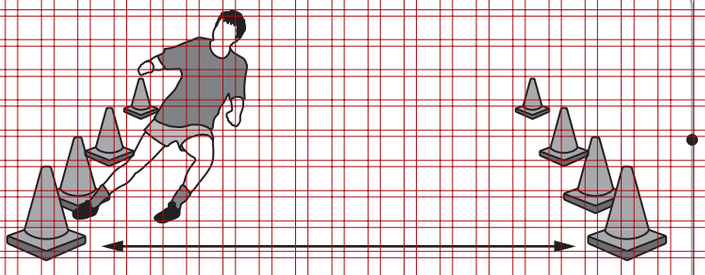
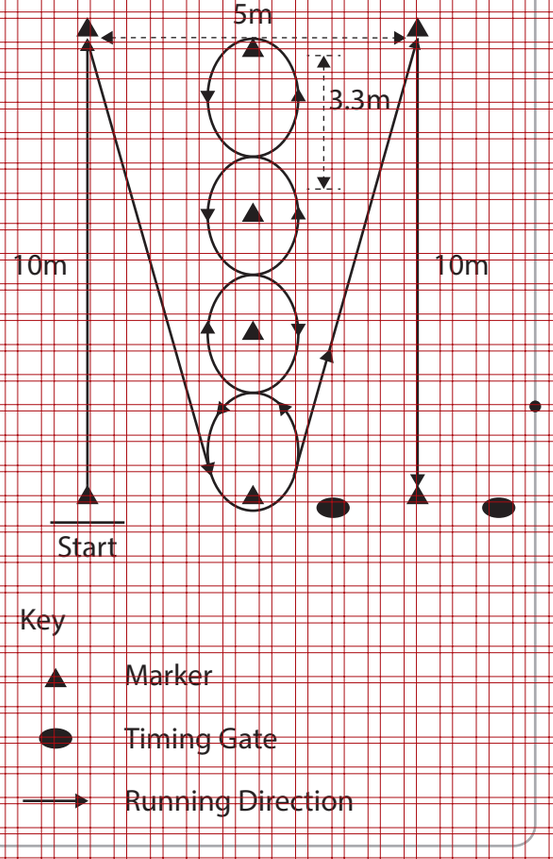
Bilal is a footballer.

2 (a) Identify the fitness tests shown in pictures **A and B**.

(2)

Draw a straight line to match each picture to the correct fitness test.

Picture	**Fitness Test**
A 	12-minute Cooper run
B 	Illinois agility run test
	Multi-stage fitness test
	Harvard step test

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Bilal completes a variety of fitness tests.

(b) Explain **one** reason why it is important for the fitness test shown in picture A to be calibrated.

(2)

Before Bilal's coach sets his plan, he needs to work out how hard he should be working. Bilal is 24 years old.

(c) Describe how Bilal would work out his aerobic training zone.

(3)

Bilal's coach uses the results of the fitness testing to set his plan.

(d) Give **one** example of a training method that can be used to improve aerobic endurance.

(1)

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Bilal tells his coach that he is feeling demotivated to complete his training.

(e) Complete **Table 2** by:

(i) Naming **two** types of motivation

(2)

(ii) Describing each type of motivation you have named.

(2)

(i) Type of motivation	(ii) Description of type of motivation
(1)	**(1)**
(1)	**(1)**

Table 2

(Total for Question 2 = 12 marks)

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Samantha is a 100m breaststroke swimmer. Samantha requires good coordination.

3 (a) Identify the correct definition of coordination.

(1)

- ☒ **A** To maintain exercise lasting more than 30 minutes
- ☒ **B** Being able to respond quickly to a stimulus
- ☒ **C** Being able to remain upright and steady
- ☒ **D** The ability to use two or more body parts at the same time

Samantha's coach uses fitness test results to help design Samantha's training programme.

(b) Explain **one** reason why it is important to carry out fitness tests before designing a training programme.

(2)

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Samantha's coach carries out the ruler drop test. Samantha scored 16.5cm.

(c) Using the normative data in **Table 3**, state how she performed.

(1)

Rating	Score
Excellent	<7.5cm
Above average	7.5cm – 15.9cm
Average	16cm – 20.4cm
Below average	20.5cm – 28cm
Poor	>28cm

Table 3

Samantha's coach discusses the planning of the training programme with her.

(d) Explain why reaction time is important for a 100m swimmer.

(2)

Samantha's coach sets her two goals. These goals are to help her improve her turns and develop her speed leading up to a turn.

(e) Explain **two** different types of goal.

(4)

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Samantha's coach uses the acronym SMARTER to set two personal goals.

(f) Assess how Samantha's coach could use 'Specific', 'Measurable' and 'Recorded' goals to improve her performance.

(6)

(Total for Question 3 = 16 marks)

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Kai plays basketball. Kai needs to have high levels of power and speed to perform well in basketball.

4 (a) Name **one** test that is used to test power.

(1)

.....

Kai completes the 30-metre sprint test as part of a group training session.

Table 4 shows the results for all the group.

Individual	30-metre sprint test (seconds)
Kai	3.8
Paul	4.7
Sadaf	3.2
Monica	5.1

Table 4

Using **Table 4** answer the following.

(b) (i) State which participant has the quickest speed **and** which participant has the slowest speed.

(2)

Quickest speed

.....

Slowest speed

.....

Kai's coach identifies that Kai needs to increase his speed.

(ii) State **two** methods of training Kai's coach could use to improve Kai's speed.

(2)

.....

.....

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Kai is now ready to start his training programme and is looking to join a private gym.

(c) Explain **one** advantage **and one** disadvantage of private gym provision.

(4)

Advantage

Disadvantage

Kai's gym asks Kai to complete some forms prior to joining.

(d) Describe what should be included in an informed consent.

(1)

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Kai's coach applies the principles of training when designing Kai's training programme.

(e) Explain the principles of variation and rest and recovery.

(4)

Variation

Rest and recovery

Kai undertakes a six-month training programme. The long-term effect of this training programme is Kai has an increased tolerance to lactic acid.

(f) Explain what is meant by the term "increased tolerance to lactic acid".

(2)

(Total for Question 4 = 16 marks)

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Jodie is a triple jumper. **Table 5** shows the training programme Jodie has been following.

Training Plan Week 1		
Monday	**Wednesday**	**Friday**
Plyometrics	Free weights	8 × 30m acceleration sprints
70% MHR	8 reps, 3 sets	80% MHR
30 minutes	55% of 1RM	
Training Plan Week 3		
Monday	**Wednesday**	**Friday**
Plyometrics	Free weights	8 × 30m acceleration sprints
75% MHR	8 reps, 3 sets	85% MHR
30 minutes	60% of 1RM	

Table 5

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5 Evaluate the effectiveness of **two** training methods Jodie used to improve her performance in the triple jump.

(Total for Question 5 = 6 marks)

TOTAL FOR PAPER = 60 MARKS

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